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Your view on the news

COMMENT Any successful news organization does its best to engage the readers it serves. You'll notice that within the pages of your Metro Calgary a new initiative called Comment & Views has been launched that offers commentary and news analysis by the experts, but also provides our thousands of daily readers a platform to share their voice on the news of the day.

We'd like to invite comments on stories that strike a chord by having you send us your thoughts and ideas to calgaryletters@metronews. ca.

All we ask is that you keep it short, to the point, include a phone number and full name and we'll take it from there. Looking forward to hearing from you soon!

DARREN KRAUSE
MANAGING EDITOR

Food pg 10

Crock-Pot love

Small Business pg 6

Can't put a price on word of mouth

Hockey News pg 8

Flames found spark

Fundraiser **Beautiful biathlon**

ROBIN KUNISKI/FOR METRO CALGARY

Five of Canada's women's elite biathlon team roller skied down Stephen Avenue Wednesday to promote their new 14-month 'nude' calendar called "Bold Beautiful Biathlon." The calendars, which go on sale for $25 Nov. 1, will help raise money for team costs leading up to the 2010 Olympics in Vancouver.

Hold on to those jugs

Tired of being told to take the cans and bottles to the depot or being asked to crush and clean those unwanted milk jugs for recycling?

You now have an excuse to delay that chore until Nov. 1 — later if you want to make some money on plastic milk containers, the province announced yesterday.

All deposits on all beverage containers under a litre will rise to 10 cents — up a nickel — beginning in November, and anything over a litre will be 25 cents. That includes bottles of pop, beer, wine and booze.

"The public is demanding that we move forward with this," said Environment Minister Rob Renner yesterday.

"The public is demanding ... this."
Rob Renner, environment minister

The hikes in deposits — the first substantial rise in 20 years — also include plastic and milk cardboard containers in June 2009.

The government says two billion containers are sold in Alberta each year, but 500 million are not returned for recycling.

A delay in including a deposit for milk jugs is needed for depots to make changes to handle the containers, along with educating residents about cleaning cartons before they visit the depot, said Renner.

Gord Boys, a co-owner of the Summerside Bottle Depot, expects hiccups at depots since a few customers who won't get the message about cleaning the milk cartons at first, but says it is a step in the right direction.

"When you pay out 10 cents versus the current five cents at the retail level, you have double the incentive to return containers," said Boys.

JEFF CUNNINGHAM/METRO CANADA

Fees may reduce your 'waste' line

GARBAGE Limiting the number of garbage bags Calgarians are allowed to put out or charging a per bag fee would be "unfair," according to the city's waste and recycling services boss.

Dave Griffiths said previous attempts to limit bag numbers failed because there was no mechanism for Calgarians to change their behaviour patterns.

"We have an agreement that at the end of the first year of our blue cart program that we'll come back to council with further suggestions."
Dave Griffiths

He said not much more should be done until the city's blue-cart program is rolled out in the spring and fully entrenched over the following year, allowing for a personal trash output reduction.

"But we have an agreement that at the end of the first year of our blue cart program that we'll come back to council with further suggestions," Griffiths said. "Until we give people options, it's unfair to force further fees on them."

But University of Calgary economics professor Chris Bruce said the only way to carve into garbage creation is to hammer pocketbooks.

"It's like an all you can eat buffet; you're going to fill your face," Bruce said. "Once you're in there, everything is free and this system of $12 for both recycling and garbage pick-up is the same deal."

NEIL MACKINNON/METRO CALGARY

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C-train collision victim identified
The victim of Sunday's fatal collision between a motorist and a C-train has been identified as 25-year-old Stacy Helene Maruel Regier. She died of head and chest injuries in hospital. METRO CALGARY

Local

Spooky science

The Halloween Spooktacular is back again and ready to spook creepy ghosts and ghouls while they are trick or treating through the TELUS World of Science this Saturday from 12 p.m. to 5 p.m. METRO CALGARY

The Bride's Diary: Vol. 4

Dear Diary,

I chose to take part in this public social experiment. As such, the public is entitled to share their opinions. Sometimes this is a hard spot light for me to be under, especially when real feelings and real life are in play. I believe I was chosen as the Bride because I have a strong sense of integrity, a lot to offer a groom, an open and loving heart — and because I am strong enough to face this head on. Anyone who entered this for the wedding gifts, publicity etc., was quickly weeded out by the selection process.

In my opinion, critics of Two Strangers may not understand the sincere goals of the expert panel and my own sincere goals in participating. In the end, don't we all want a full life filled with love and specifically the love of a partner? This was my motivation for applying to the experiment and for being brave enough and adventurous enough to endure critics and scrutiny. Thankfully, there has been tremendous support as well.

energy 101.5 today's best music

Pumpkin Patrol touts safety

NEIL MACKINNON
neil.mackinnon@metronews.ca

Decisions surrounding whether to be a ghost or a goblin are still swirling, but Halloween safety is no longer in doubt.

With vampires and witches poised to hit the streets in just over a week, Calgary police and the Rogers Communications Pumpkin Patrol stressed the need for safety yesterday to about 100 King George School Grade 1 and 2 students, hoping to make their trick or treating experience free of danger.

"Do you go up to houses that don't have lights on," questioned Const. Wendy Parker.

"Nooo," replied the chorus of wide-eyed youth, smitten with police mascot Simon the safety bear.

The Pumpkin Patrol, a 24-year-old program of Canadian communications giant Rogers, will visit nearly a half dozen Calgary schools before Halloween, hoping to instill virtues of safety and handing out reflective armbands to area youth, said the company's Angela Dion.

"We want to help make things as safe as we can," she said.

"Particularly for younger kids, safety is a real issue," Parker said.

ROBIN KUNISKI/FOR METRO CALGARY

Constable Wendy Parker from the CPS School Resource Unit, Simon the Safety Bear and Grade 1 students from King George School get some great and safe Halloween Safety tips from the Pumpkin Patrol who visited the school yesterday.

Ride to Conquer Cancer campaign starts up

Lori-Ann Muenzer became Canada's first gold medallist in cycling in the 2004 Olympic Games, and she helped launch the campaign to motivate Calgarians to join the Ride to Conquer Cancer.

"I can still remember when I was 10-years-old riding my bike down the street … and now here I am realizing that bikes can conquer cancer," Muenzer said.

The Alberta Cancer Foundation is staging a two-day epic bike ride next June when thousands of Albertans will ride together in a fight for the cure.

"Can you imagine the energy and electricity of all those people? It is incredible, and it can't get much more spectacular than that," she added.

Registration for the ride is now open at www.conquercancer.ca.

KRISTA SYLVESTER/METRO CALGARY

U of C women receive awards

HEALTH A graduate and a current student from University of Calgary were honoured at the post-secondary institutions second annual Women's Resource Awards ceremony yesterday.

Kerrie Moore, a trauma and mental health specialist working in the private sector to provide a holistic approach to healing, and Anna Zadunayski, a master's student in health research, were recognized for both their academic excellence and outstanding contributions to the community.

The awards were handed out in conjunction with the university's Women's Career Exhibition, showcasing companies and organizations that promote female advancement and equality.

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Canada, South Korea to talk beef exports
Canada will begin negotiations with South Korea on Nov. 3 to resume beef shipments to the Asian nation, which were banned in May 2003 due to mad cow concerns, Ottawa said yesterday. Before Korea closed its borders to Canadian beef, it represented the fourth largest market for the industry with $50 million in annual sales. **REUTERS**

Canada

No U.S.-style meltdown here: TD

The drop in Canadian home prices in September may not be as severe as it seemed, TD Securities said yesterday, bolstering the case that the country is not headed for a housing meltdown. A TD report argued that home prices fell 1.3 per cent in major Canadian markets in September, not the dramatic 6.2 per cent drop that was reported by the Canadian Real Estate Association last week. REUTERS

Liberal leadership race heats up

New Brunswick MP Dominic LeBlanc looks certain to run for the Liberal leadership as pressure mounts on former New Brunswick Premier Frank McKenna to toss his hat in the ring as well.

And former justice minister Martin Cauchon told Torstar News Service he's "very much tempted" to join the contest to replace Stéphane Dion, who announced this week he was stepping down as leader.

While no one has officially declared yet, it's likely LeBlanc, who represents the riding of Beauséjour, will challenge Toronto MPs Bob Rae and Michael Ignatieff, the presumptive front-runners in the leadership race.

"Nobody hates Frank (McKenna). It would be hard to run a negative campaign on Frank."
David Peterson

"He's planning to run and he's assembled a team that will surprise people," a Liberal strategist said yesterday. LeBlanc, 40, is a Harvard-educated lawyer who was first elected in 2000.

His father, Roméo LeBlanc, was a federal cabinet minister and then Governor General.

Meanwhile, McKenna, Canada's former ambassador to the U.S. and New Brunswick's Liberal premier for 10 years, is thinking about a leadership run, long-time friend David Peterson says.

If he decides to run, he would immediately become a front-runner, Peterson, a former Ontario Liberal premier, said.

He said McKenna, 60, the vice-chairman of TD Bank, is the kind of fresh blood the party needs to deliver it from its massive debt.

"He knows how to motivate people. And the fact is nobody hates Frank. It would be hard to run a negative campaign on Frank," Peterson said. **TORSTAR NEWS SERVICE**

B.C. cuts taxes to stimulate economy

VANCOUVER British Columbia will speed up planned tax cuts to help residents deal with the global economic slowdown, but will not put its budget back in a deficit, Premier Gordon Campbell said yesterday.

The country's third-largest province will also provided unlimited insurance for deposits in its credit unions, and work with neighbouring Alberta to develop a new privately funded pension fund for workers whose employers do not have one.

A three per cent personal income tax scheduled for 2009 as part of the province enacting a carbon tax system will be made retroactive to apply to this year. Several business tax cuts will also be speeded up.

The province said in early September it was projecting a $1-billion surplus for the 2008/2009 fiscal year, and Campbell said its economy was still in better shape than the rest of the country despite the global economic storm of recent weeks. **REUTERS**

Atwood **Asturian award winner**

ELOY ALONSO/REUTERS

Canadian author Margaret Atwood arrived yesterday in Oviedo, Spain, where she will be awarded with the 2008 Prince of Asturias Letters award at a traditional ceremony tomorrow in the Asturian capital. The awards, held annually since 1981, reward scientific, technical, cultural, social and humanitarian work done by individuals, work teams and institutions.

Kay apologizes for drunken speech

FASHION The woman behind Toronto's biggest fashion event has apologized for delivering a speech while inebriated — an incident that overshadowed the launch of Fashion Week and disappointed an event sponsor.

"I was exhausted and I didn't realize what was happening to me," said Robin Kay, president of the Fashion Design Council of Canada, who made the speech on Monday night. She admitted she had had too much to drink. **TORSTAR NEWS SERVICE**

News in brief

QUEBEC One of two men wanted in connection with the heist of more than a tonne of dynamite in northeastern Quebec has been arrested, CBC News Online reports. Provincial police apprehended Mike Gagnon, 28, on Tuesday night at a gas station in Saint-Jean-Port-Joli, outside Quebec City. **METRO NEWS SERVICES**

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Comment & Views

Comment

Critical time for Liberals

Party has strong contenders to choose from to replace Dion

Home&Abroad

Andrew Cohen

Canada & world insight

Conventional wisdom holds that the Liberal Party of Canada, post-election, will sink into a long season of despair, division and decline. Not so fast.

It won't help that the proud Stéphane Dion — who did not deserve the character assassination he has stoically endured — will stay on until a leadership convention. It means he will be hit by friendly fire as his successors rush to distance themselves from his leadership and his losing policies, such as the Green Shift.

But the good news for the Liberals is that they have strong contenders, as strong as they have had since 1968, when they chose Pierre Trudeau, or since 1984, when they chose John Turner.

Unlike the coronations of 1990 and 2003, which produced Jean Chrétien and Paul Martin on the first ballot, this contest will be more open.

For a party desperate to renew itself, this is critical. The more candidates, the broader the process. For what this can mean for democracy, see Barack Obama.

This time, the field will be broader and deeper than in 2006. That's because the leading contenders are stronger.

Michael Ignatieff, the front-runner last time, has sat in Parliament since February 2006. As deputy leader, he has performed with style and eloquence. If the rap against him was political inexperience, it is no longer.

"But the good news for the Liberals is that they have strong contenders, as strong as they have had since 1968, when they chose Pierre Trudeau, or since 1984, when they chose John Turner."

Bob Rae, his rival, has run and won a seat as a Liberal. The rap against him is that he was a New Democrat who was an ineffective premier of deficit-ridden Ontario. He cannot erase his past — the Conservatives won't let him — but he will run as someone who is as effective in opposition as in power.

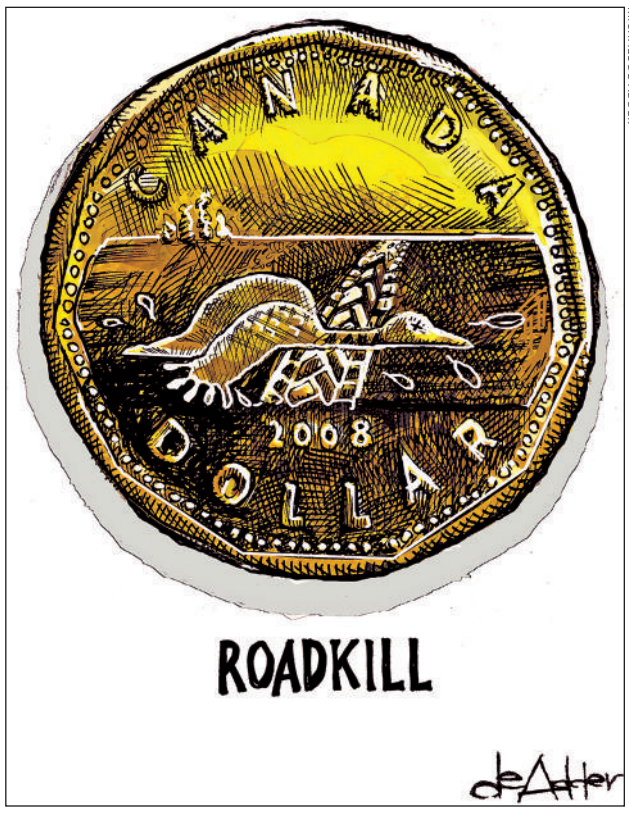
John Manley and Frank McKenna, should they run, bring the quality of elder statesmen, yet are young enough to renew the party. Both have name recognition and can raise money.

All are bilingual, experienced, serious players. Stephen Harper, take note.

The rest of the field? Gerard Kennedy and Martha Hall Findlay may run again, though other than having been elected, neither appears stronger than two years ago. Dominique LeBlanc may run, and so might Denis Coderre, but it's not a francophone's turn this time.

Of course, the Liberal malaise runs deeper than leadership. They need money, ideas and reorganization. Contrary to popular belief, though, this party is not over.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.



MICHAEL DE ADDER

Views

Mr. PM: More women needed in cabinet

By DONNA DASKO

With modest gains in last week's federal election, women finally shattered the glass ceiling (or is that floor?) of 21 per cent set during the previous three elections.

But this isn't exactly a breakthrough — our new Parliament is still only 22 per cent female, with 68 women elected, up from 64 in 2006. Canada now moves from the 51st country in the world for female representation to around 46th, while counties such as Sweden, Argentina, Spain, Rwanda and 41 other countries have more women in their national parliaments.

The results were also disappointing considering more women than ever were running — comprising 29 per cent of all candidates — but weren't winning. The Liberals ran the most women (113), but elected just 18, while the Conservatives ran just 60 women, of which 23 were elected. The New Democrats ran 104 women and elected 12, while the Bloc Québécois ran 75 and elected 15. Following a familiar pattern that we have often seen, many women were nominated in "unwinnable" ridings where their parties did poorly in the past and where they had little chance of success.

"Harper has an opportunity to make history ... by appointing substantial numbers of women to his cabinet and into prominent roles and major portfolios."

Still, the parties did try harder and we see signs of growing awareness among the public and the media that we need more women in elected office. Interest in female representation was undoubtedly sparked by massive media coverage of Hillary Clinton's remarkable, but failed, run to be the Democratic presidential nominee in the United States, and the Republicans' choice of Sarah Palin as that party's vice-presidential candidate.

With 23 women in his new caucus, Prime Minister Stephen Harper can boast the largest contingent of female MPs — a remarkable feat considering his and his Conservative party's past problems in attracting female voters. And his women's caucus includes experienced and talented women, such as Calgary MP Diane Ablonczy and newly elected Gail Shea from Prince Edward Island, whose merits justify a strong female contingent in his cabinet.

Harper has an opportunity to make history — and to help compensate for the disappointing overall election result for women — by appointing substantial numbers of women to his cabinet and into prominent roles and major portfolios.

In doing so, he will help his own future prospects — and give voice and visibility to half the population.

Donna Dasko, PhD, is senior vice-president of the polling firm Environics Research Group Limited. She is a founder and national vice-chair of Equal Voice, a multi-partisan organization dedicated to electing more women to Canada's Parliament and provincial legislatures.

Letters

Kelley Abercrombie, EDMONTON

As Halloween approaches, I have noticed a number of costumes for pets in the local shops. They are adorable, but they also make me sad.

Last June, my cat was stolen. Not lost. Stolen. My kitty was taken because she was wearing a dress. I know this sounds outrageous, but witnesses report that the young woman who took my cat took the dress off her and ceremoniously threw it in the garbage.

"So I would like to tell other pet owners to have fun this season ... but be wary, and not of ghouls and witches ... but of self-righteous thieves."

Interestingly, there are a number of people who support her actions. The Urban Dog in Edmonton did a guest spot on a radio call-in show and the lines lit up with people wanting to condemn pet couture.

So I would like to tell other pet owners to have fun this season ... but be wary, and not of ghouls and witches ... but of self-righteous thieves.

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Local:
Publisher, Steve Shrout
Managing Editor, Darren Krause
darren.krause@metronews.ca
Marketing Manager, Blaine Schlechter
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Fey reveals she glues her ears down
Saturday Night Live actress Tina Fey says she glues her ears down for her popular television impressions of Republican vice-presidential candidate Sarah Palin, but it took her a while to accept she was almost a perfect double of Palin. REUTERS

World/Business

Brit politician under attack

A Russian billionaire, a yacht on the Mediterranean, allegations of secret donations and betrayal — all the ingredients the British media need to start a feeding frenzy.

After being exposed by an old friend, a senior British opposition politician has admitted he met Russia's wealthiest man on his $150 million US yacht in the Mediterranean.

The Conservative party's chief spokesman on finance, George Osborne, says he has done nothing illegal. But the admission he met Oleg Deripaska several times last August, including once on his yacht, has revived an image of the Conservatives as elitist that they have long sought to shed.

Details

- Rothschild revealed the meetings in a letter to the Times newspaper, apparently irritated that Osborne had given details to the press of conversations he had on the yacht with another guest, Peter Mandelson, a senior Labour politician.

Nathaniel Rothschild, a fund manager who is heir to a $1.5-billion banking fortune and helped set up the meetings on the island of Corfu, says Osborne used them to try to solicit a large donation to the Conservative party from Deripaska.

Osborne denies seeking any such donation, which would have been illegal as it would have come from a foreign citizen, but has confirmed almost everything else. REUTERS

Italy **Protesters at film festival**

MAX ROSSI/REUTERS

A protester is blocked by a security guard as she enters the red carpet area to protest against the decision by Rome Mayor Gianni Alemanno to close buildings occupied by squatters during Rome's film festival yesterday.

French fine foodies not fearing crisis

FOOD The financial crisis may be a time to tighten belts, but the food-centric French are unlikely to go on a diet just yet, producers say.

Top-end brands are betting that consumers will eye gourmet food products as a relatively cheap source of pleasure.

Costs

- The average grocery basket amounts to 30 euros in France, far above Britain (21 euros), Spain (18 euros) and Germany (12 euros).

"Food products cost less than handbags and could be a haven for people who want to indulge themselves," Claudie Le Souder, head of communication at French luxury food maker Fauchon, said at the international food show SIAL, which was held in Paris.

While fine food producers remain upbeat, middle-market players may need to rethink their strategy experts. REUTERS

China names alleged terrorists

XINJIANG China released yesterday a wanted list of eight "terrorists" it said had threatened the Beijing Olympics and were bent on achieving independence for its restive western region of Xinjiang.

The eight, all members of China's mainly Muslim minority Uighur group, belonged to the East Turkestan Islamic Movement (ETIM), which the United Nations listed in 2002 as a terrorist organisation with links to al-Qaida, police said.

"The eight are all key members of the ETIM, and all participated in the planning, deployment and execution of all kinds of violent terrorist activities targeting the Beijing Olympics."
Wu Heping

"The eight are all key members of the ETIM, and all participated in the planning, deployment and execution of all kinds of violent terrorist activities targeting the Beijing Olympics," Wu Heping, a spokesman for the Public Security Ministry, told reporters.

Many of Xinjiang's 8 million Uighurs chafe at the strict controls on religion that China enforces, and resent influxes of Han Chinese migrant workers and businesses. REUTERS

Republicans spent $150K to outfit Sarah Palin

POLITICS Dressing up the self-styled hockey mom cost the Republican National Committee more than $150,000.

Small potatoes in a big election, Republican officials said, after trips to Saks Fifth Avenue in New York and St. Louis and Neiman Marcus in Minneapolis for Republican vice-presidential candidate Sarah Palin were uncovered by politico.com, the U.S. political website.

Sarah Palin

There were published reports that Palin charged Alaska taxpayers more than $21,000 for airfare and hotel accommodation so her children could travel with her to events. TORSTAR NEWS SERVICE

News in brief

CANCER A broad analysis of genes has turned up 26 mutations linked with the most common form of lung cancer, several of which play a role in other cancers as well, researchers said yesterday.

STEM CELLS Researchers have discovered stem cells in the prostates of mice and grown complete prostates from them, but said they want to use the findings to search for better treatments for male prostate cancer. REUTERS

Business

Rate cut predicted as retail sales slip

Canadian retail sales dropped for the first time in six months in August, giving weight to analysts' predictions that the Bank of Canada will cut interest rates again this year to stimulate an economy hit by the financial crisis.

Statistics Canada said yesterday that retail sales slipped by 0.3 per cent from July due to lower sales in the automotive sector. Analysts had, on average, forecast a 0.2 per cent fall.

Derek Holt and Karen Cordes of Scotia Capital saw reason for the Bank of Canada to cut the interest rate again, as "consumers clearly lost their resilience even before the peak credit crunch hit. This does not bode well for the traditional Christmas retail season."

The central bank cut its key interest rate on Tuesday by a quarter point to 2.25 per cent, and said it would likely have to ease credit further. The next scheduled rate announcement date is Dec. 9.

The S&P/TSX index dropped nearly 6 per cent yesterday, while the Canadian dollar sagged 2.69¢ to 79.70¢ US, a three-year low against the greenback, pressured by sliding commodity prices. REUTERS

Quebecor network to cost up to $1B

WIRELESS Media and publishing group Quebecor Inc. said it will spend up to $1 billion over four years to roll out its wireless network to compete against Canada's Big Three mobile providers.

The company said its new high-speed packet access network, running on Nokia equipment, should be up and running in 12 to 18 months. REUTERS

Cheesemaker to buy Neilson Dairy

TAKEOVER Canadian cheesemaker Saputo Inc. said it plans to buy Neilson Dairy, owned by George Weston Ltd., for $465 million, subject to regulatory approval.

Saputo officials hope acquiring the dairy product producer will boost its presence in the Ontario fluid milk market. REUTERS

In brief

TRENDS Airfares could decrease in North America next year, and likely declines in occupancy rates will keep hotel room rate increases in check, American Express predicted in its 2009 travel forecast.

WIRELESS AT&T will sell the BlackBerry Bold for $299 on a two-year contract, or 50 per cent more than it charges for Apple's iPhone, in a move that will target executives over consumers. Sales will begin Nov. 4.

RESULTS McDonald's Corp. posted a quarterly profit of $1.19 billion, beating Wall Street estimates. It's growing faster than rivals as U.S. consumers visit fewer restaurants, but analysts said the economy may catch up soon.

CRISIS Troubled insurer American International Group Inc. will freeze $19 million US in payments to a former CEO and execs of the unit that was its main source of problems. REUTERS

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Small Business

Get organized

E-mail correspondence can be overwhelming. To save time, set up a filing system that sorts important emails and attachments.

NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Nothing beats free

Word-of-mouth advertising great for small businesses

When Anne Day launched her business, Company of Women (companyofwomen.ca), five years ago, she admits she spent a "fortune" on advertising and promotion.

In fact, in the first year, about 50 per cent of her budget went to newspaper ads, and promotional items, such as post-it notes bearing the company logo, as well as gifts for renewing members.

Then she discovered something: "If women like something, they tell their friends about it."

So instead of spending all her marketing money on advertising, she began to focus on connecting with other women's networks to promote her business, and on delivering a "quality experience, one they'll remember.

"Word of mouth is the most powerful stimulus for marketing. It beats just about everything else."
Knud Jensen

"Then they tell their friends, who tell other people," she says, likening it to the famous Breck hair shampoo commercial, "I told two friends, and they told two friends, and so on, and so on, and..."

In fact, Day believes word of mouth is responsible for 75-80 per cent of her company's growth. It now has 380 annual members, with many more attending a much-expanded roster of breakfast, lunch and dinner meetings.

"By maintaining your standards and constantly asking what your customers want — and listening to them," you can deliver a product that your customers will talk about, she says.

And the value of that is apparently priceless, in the advertising world.

"Word of mouth," is "the most powerful stimulus for marketing. It beats just about everything else," says Knud Jensen, a professor specializing in small business strategies and entrepreneurship at Ryerson University's Ted Rogers School of Management.

That's because it's not paid for like an advertisement, so there is more of a trust level with it, he says. "For small companies" — with small budgets — "this is even more important," he says.

So how do you get the word out?

One way is to follow the "old adage" that everyone in your company is a "marketing person," he says.

"Think about an accounting person who doesn't see their role as a marketer, but they can still create issues with the suppliers or customers by not being nice or being curt.

"Second is managing your reputation," he says. "We buy from companies that we trust."

But how do you get the process started?

"If you're a small company, your financial resources are small," notes Jensen. "You can't blow a million on communications."

METRO NEWS SERVICES

If women like a company's product, they will tell their friends about it, who will in turn tell their friends, and so on, expert says.

Many options available to make credit work for your business

For small business owners whose personal resources can be stretched, financing a business or its growth becomes a critical concern.

For many, strategically managing business and personal credit is the difference between creating a large legacy of success and closing up shop for good.

There are many options for both new and existing businesses to secure financing to expand or start a new venture: Government grants, venture capital firms and private foundations are examples. Of course, some also turn to relatives or friends who are willing to place their trust in what is hopefully a sound investment.

Banks and other financial institutions are great business allies for those looking to maximize their growth potential.

By providing customized solutions based on an individual need of the business, entrepreneurs can uncover equity to help achieve both short- and long-term business goals. Options may include personal credit — for example, credit cards, vehicle loans or home mortgages — or business credit.

Some types of business credit options include:

- **Short-term loans.** This is probably the most common type of business credit. Usually paid off within a year and can help a business temporarily in need of assistance overcome a brief or seasonal lull in cash flow.
- **Intermediate-term loans.** These typically have maturity dates between one and three years, and can help businesses increase their working capital, open new offices or purchase new equipment.
- **Long-term loans.** These are usually arranged when the scheduled repayment is expected to exceed one year. Assets could be a new building or land, or a new computer system. The principal is repaid over a period of time and is directly related to the useful life of the asset.

Customizing loans to best suit the needs of a business is common — and critical — when dealing with any bank or financial institution. NEWS CANADA

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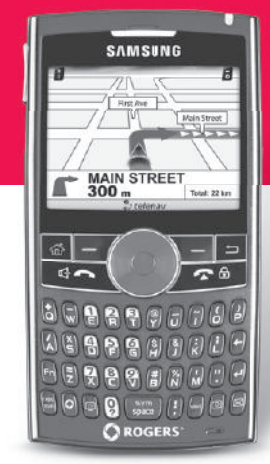

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Burris Offensive Player of Week

Henry Burris, who threw five touchdown passes to lead the Stampeders past the Winnipeg Blue Bombers 37-16 last week, was named the CFL's offensive player of the week. METRO NEWS SERVICES

Sports

Hamels leads Phillies to Game 1 win

The Philadelphia Phillies beat the Tampa Bay Rays 3-2 in the opening game of the World Series last night. Left-hander Cole Hamels pitched seven innings against the Rays for the victory, backed by a two-run homer from Chase Utley in the first. REUTERS

SPORTS@METRONEWS.CA

Hitmen stay hot at home

WHL The Calgary Hitmen fought back from an early 2-0 deficit to beat the Red Deer Rebels 4-3 and extend their winning streak to four games. Brett Sonne set up a pair of goals by Kyle Bortis and Bostjan Golicic, while Brandon Kozun notched his WHL-leading 11th tally. The Hitmen now boast an impressive 9-1 record in the friendly confines of the Pengrowth Saddledome. "This is a great place to play," said Hitmen head coach Dave Lowry. "You're in an NHL environment. Our guys are really fortunate." For the first time this season, Calgary has cracked the Top 10 rankings in the CHL. Thanks to their 11-3-0 start, the Hitmen have climbed into sixth spot in the weekly rankings. Next up, the Moose Jaw Warriors visit Friday night (7 p.m., Fan 960). LAURENCE HEINEN FOR METRO CALGARY

Flames may have found spark

TheHockeyNews

Brian Costello

thehockeynews.com

There's no doubt the most ridiculous thing in NHL hockey these days is the impromptu scrap that follows a nice open-ice bodycheck.

You know the kind. A player from Team White delivers a hit on a player from Team Red. A teammate from the Reds comes and pounces on the Team White culprit.

Doesn't matter if the hit was clean or not. That's vengeance in the hockey world. The harder the hit, the more immediate the response.

That's what happened in Calgary Tuesday when Washington rookie Tyler Sloan, on the first shift of his NHL career in front of hometown fans, levelled Daymond Langkow with an open-ice hit. Rene Bourque dove to the rescue for the Flames and tried to inflict immediate pain on Sloan.

Just why players have started doing this in recent years is a mystery and defies logic. Understandably, no one wants to see a teammate, especially a star, get his bell rung. Moreover, hitting is allowed in hockey. It's part of the game. Imagine if football players started doing this after the star running back or receiver was crunched with a hit?

With that off the table, Tuesday's indiscretion actually had a much-needed team-building impact on the Flames. In dire need of an emotional jump-start — Jarome Iginla surely can't drop his gloves to provide a spark every game, can he? — the Bourque retaliation may be the incident that saves coach Mike Keenan's job.

Bourque picked up two minors, a fighting major and a misconduct for defending Langkow's honour and Calgary faced a nine-minute Capitals power play. Instead, Calgary killed off the nine minutes. The Flames fed off that adversity and rallied for a 2-1 victory.

It's too early to identify this retaliation as the defining moment in a season that was ready to go sour, but wouldn't that be honourable if it did?

The Hockey News thn.com

Stamps ready for Steeltown

DAN TOTH
for Metro Calgary

The Calgary Stampeders have avoided staring at the Canadian Football League standings too much this season. But now, with fall's nip in the air and the playoffs just around the bend, the West Division pecking order is all that matters and the Stampeders love their view from the top. With just two regular season games remaining the Stamps are now obsessed with the standings knowing that a win Friday night in Hamilton (5:30 p.m., TSN) will clinch first place and a bye to the West Final along with home-field advantage.

"One more game and we lock up first place and we're not oblivious to that fact," noted veteran defensive tackle Randy Chevrier.

"But we're also not oblivious to the fact we haven't had much success in Hamilton in the last few years. In the CFL anything can happen and teams can catch you sleeping."

The Stamps haven't finished first in the West since 2000 when only three current players — QBs Dave Dickenson and Ben Sankey along with offensive lineman Jeff Pilon — were with the squad. And while conventional wisdom would suggest the Stamps will trample the 3-13 Tabbies tomorrow night, the game in The Hammer have been rather painful for Calgary the past decade. The Stamps have won just two of their last nine contests in Hamilton while quarterback Henry Burris suffered a serious shoulder injury there a year ago that nearly ended his season.

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No guts, no glory
The greening of insulation

SONYA PROCENKO
for Source Media Group

From recycled glass to denim to soybean oil, insulation is now made from greener materials.

"Nearly all insulation is "green" depending on how you measure it," says David Bengert, president of the Built Green™ Society of Canada and the director of purchasing at Jayman MasterBUILT. "All types save energy and therefore lower greenhouse gas emissions."

In Alberta, fiberglass insulation manufactured in Edmonton is made of more than 50 per cent recycled glass, such as pop and liquor bottles and a tiny amount of formaldehyde. A manufacturer in Innisfail makes insulation with less recycled glass content, but in a formaldehyde-free process.

Cellulose insulation is made from recycled paper and treated to be fire resistant, Bengert explains. Meanwhile rigid foam insulation has a higher insulation value than other types, but uses non-renewable resource in the manufacturing.

Spray-in-place foam insulation, including urethanes, have an even higher insulation value and many are made from environmentally friendly products, but they are the most expensive, he says. "In Alberta, fiberglass is the dominant product used by builders, probably over 90 per cent of new homes use it," Bengert says. "In categorizing a product as 'green' all factors must be considered. For example, what is it made from, where is it made, how is it made, what is the final cost? After reviewing these factors, a builder can then decide which product to use."

It's in the jeans

You may have read about or watched Hollywood environmentalist types like Adrian Grenier, star of the HBO TV series Entourage, using denim in green building projects. They're likely using eco-friendly Bonded Logic's UltraTouch Natural Fiber Insulation, made in the U.S. from 85 per cent post-industrial cotton denim, using scraps from the manufacturers. It's formaldehyde-free, 100 per cent recyclable, VOC-free, and treated with a fire-retardant.

"UltraTouch is incredibly easy to install and 100 per cent safe to humans," says Kris Friesen of Canadian UltraTouch. "Besides, it has 50 times better insulating and acoustical (soundproofing) qualities."

The insulation's fibres provide sound absorption and maximum thermal performance. UltraTouch does not itch and is very easy for renovators and installers to handle.

"The interest is growing steadily in Alberta," says Friesen.

Out with 'old school' insulations

In her national best-seller ECOHOLIC, Your Guide to the Most Environmentally Friendly Information, Products and Services in Canada, Adria Vasil writes about green insulation choices.

"Skip old-school, greenhouse-gas-emitting polyurethane foam, which is also treated with PBDEs (ultra-persistent fire retardants, some of which are being phased out, but are still on the market)," advises Vasil. "Instead go for blown-in cellulose, made with recycled paper. If done right, it'll keep cold air at bay better than fibreglass, and it takes up to a quarter of the energy to manufacture."

Vasil recommends BioBase 501, made partly from soybean oil. She says the cheaper, extremely fire retardant insulation was voted one of the Top 10 eco-friendly building supplies by BuildingGreen.com in 2003 and emits very few VOCs.

So far, soy good

Water-blown and soy-based BioBased insulation (widely used in the U.S. and which distributors hope to attain certification for in Canada in the next year) allows residential and commercial structures to be more sustainable. When installed, the insulation expands to 100 times its original size filling every space and void, stopping air movement. The sealed thermal envelope keeps conditioned air inside, undesirable air outside and reduces airborne noise pollution. This envelope can result in a more energy efficient, healthier, comfortable and durable home.

EDITED FOR LENGTH BY METRO CALGARY

'Stuff' at heart of garage mess

Just how bad can your garage get? Pretty bad, says Ron Binder, co-owner of OnWall Solutions, *onwallsolutions.com*, a Toronto-based company that specializes in garage storage.

"The biggest problem I've seen with garages is that there is so much junk piled inside that the homeowner can no longer park the car," he says, adding he encounters this kind of situation all the time, with all kinds of people.

Phew! That's a relief, because I thought I was abnormal. But still, scraping ice off the windshield — when I could be parked in my nice warm garage — is kind of annoying.

HomeScape Sylvia Putz

So I decided to start a major clean-up, and boy, did I have a lot of stuff. And since we're speaking of stuff, let's admit for once and for all that it is the dark heart of the problem when it comes to garages and organization.

Job number one is offloading. This means taking inventory of what you have and deciding what you no longer need.

The hardest part of the job was actually negotiating with my husband, who has a hard time getting rid of stuff that I would turf in a minute.

But, all turned out well. After a series of "This is junk. No, it isn't" conversations, we eventually did reach an agreement, and made an amicable trip down to the Sally Ann.

During the inventory, I also noticed odd items that really didn't belong in the garage — for me, these were things better stored in the house.

These are usually the items that are retrieved for parties or family gatherings once a year (the Christmas dishes and big serving platters, for instance), accompanied by frustrated cursing and the clattering of dislodged items on the garage floor.

But you also need to tag items, since your wonderful organizing efforts will mean squat if your family is not aware of how you decided to store things.

Sturdy stick-on tags or pieces of coloured hockey tape do the job nicely. Try tagging items in each category with a particular colour — say, green for gardening paraphernalia and red for sporting and recreational items.

Finally, think about how you'd like to store your items — shelves, lockable cabinets, overhead storage, hooks, trays, crates, boxes and bags are some of the options. If you're a do-it-yourself type, you can order storage products online and install them yourself.

Sylvia Putz is a journalist with an interest in home decor and design. She has written extensively for the TV show Arresting Design.

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Slow cooking tips

Dried beans and soups are also good candidates for slow cookers. By all means, use a cookbook as a reference for tips and recipes to get you started. Check out the selection at your local library or ask friends. METRO NEWS SERVICES

Food

"A barbecue sauce with chipotles gives a nice smoky flavour. If you have smoked paprika, try that."

Barb Holland/for Metro Canada

Say what?

Boneless pork shoulder is sometimes called Boston butt.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Tender, loving cooking

À **la** carte

Barb Holland

Metro Food Writer

While slow cooker cookbooks would have you cooking everything in the slow cooker, in my opinion, it is best for braising less tender cuts of meat. So stews, chili, pot roasts and lamb shanks are ideal for the slow cooker — and, of course, a deliciously soft pulled pork sandwich.

Slow cookers are nice to come home to — and the ideal appliance for braising (cooking low and slow in liquid) less tender but flavourful cuts of meat. A pork shoulder roast is a perfect case in point — slow cooking tenderizes the meat such that it shreds easily, aha — pulled pork.

This recipe requires a little planning to make it at least a day ahead. I often let the slow cooker cook it overnight, then cool and refrigerate it during the day. The fat rises to the top and hardens when chilled, making it easy to remove. Serve on onion buns with coleslaw.

Pulled Pork

An easy meal that is popular with kids and adults alike (and makes great leftovers). Makes 6 servings.

INGREDIENTS:

- 2 lb (1 kg) boneless pork shoulder roast, remove any excess fat
- 2 tbsp (30 mL) prepared mustard
- 6 soft buns and coleslaw

Dry Rub:

- 1 tbsp (15 mL) each granulated sugar and paprika
- 1-1/2 tsp (7 mL) each brown sugar, ground cumin, chili powder and black pepper
- 1/2 tsp (2 mL) each salt and cayenne
- 2 onions, halved and thinly sliced
- 1/2 cup (125 mL) smoky barbecue sauce

METHOD:

Spread mustard over pork. Make rub mixture by combing sugar, paprika, brown sugar, cumin, chili powder, pepper, salt and cayenne. Pat evenly over pork. Place in slow cooker, top with onions and barbecue sauce. Cook, covered on LOW for 8 to 10 hours or until very tender.

Transfer pork to a cutting board and cool slightly. Using two forks, shred meat, discarding any fat. Cool, then cover and refrigerate. Put the cooking liquid in a tall bowl, cool then refrigerate to solidify fat. Remove fat and transfer liquid to a saucepan. Bring to a boil and cook to reduce and thicken it. (Or blend a little cornstarch with cold water, whisk into cooking liquid and bring to a boil, whisking constantly, until thickened into a sauce.) Add meat to sauce and heat until warmed though. Serve on buns.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

This recipe appears in The Main: Recipes by Anthony Sedlak.

The Main selection

The Main: Recipes cookbook brings together chef Anthony Sedlak's creations from his hit Food Network show The Main. The Main airs weeknights at 7 p.m. ET on the Food Network.

Crab Cakes

For recipes for Grilled Artichokes, Tomato Salsa with Caper mayonnaise to accompany these crab cakes, visit metronews.ca.

INGREDIENTS:

- 2 tbsp olive oil, divided
- ½ medium onion, finely chopped
- 1 stalk celery, finely chopped
- 2 tbsp white wine
- 1 ½ lbs lump crab meat, drained and picked over
- 1 Granny Smith apple, peeled and grated
- ¼ cup mayonnaise
- ¼ cup sour cream
- ¼ cup finely chopped chives
- 2 tbsp finely chopped tarragon
- ½ tsp cayenne
- 1 egg yolk
- 1 cup breadcrumbs, divided

METHOD:

Preheat oven to 375 F

In a skillet, heat 1 tbsp olive oil over low heat. Add onions and celery and cook gently for 3-4 minutes, or until vegetables are soft and translucent.

Add white wine and cook slowly over medium heat, covered, until vegetables are tender. Remove from heat and let mixture cool. In a large bowl, mix crabmeat, apple, mayonnaise, sour cream, chives, tarragon, cayenne and egg yolk. Add 1/3 cup of breadcrumbs. Add onion and celery mixture and combine. Season with salt and pepper. If mixture does not hold together, add more breadcrumbs.

Place remaining 2/3 cup of breadcrumbs into a large shallow dish. Divide crab mixture into 8 portions. Form crab cakes into 2 inch rounds with 1 inch thickness. Dip the top and bottom of each crab cake into breadcrumbs. Set aside on a baking tray.

In a non-stick pan, heat remaining 1 tbsp of oil over medium high heat. Add 4 crab cakes and cook for 2-3 minutes, or until golden brown. Flip crab cakes and sear another 1 minute. Transfer crab cakes to baking sheet. Repeat with remaining cakes.

Place baking sheet in preheated oven, and bake for 6-7 minutes.

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Manhattan inspires new fragrance
Elizabeth Arden recently launched 5th Avenue Nights, inspired by the streets of Manhattan. It is a modern floral oriental scent that captures the glamour and excitement of city nights. Availalbe at The Bay and Sears, $40 for 30 ml. METRO NEWS SERVICE

Style

Monica Cruz inspired by the '50s

Spanish actress Monica Cruz, left, attended Toronto Fashion Week on Monday where the fall/winter Mango collection she co-designed with big sister actress Penelope Cruz was showcased. The Madrid-born siblings' limited-edition collection for Spanish retailer Mango, in stores now, features evening wear and some vintage-inspired styles. Through her translator she said the line was inspired by the American pinups of the 1950s. Mango clothing is available across Canada and be purchased at *mangoshop.com*. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Style File

Kim Elbo

kim.elbo@metronews.ca

ask kim

I always hear about sample sales but never know when and where they are. Is there a site I could look at that has listings of sample sales?

Sample sales are one of the best places to look for designer clothing at almost cost prices. Check out national websites like *styledemocracy.com* or *ilovesamplesalesonline.com* and remember to always arrive early to ensure first pick on sizes and styles.

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

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sunglasshut.com

necklaces

This seasons necklaces are all about layered chains, little charms and mixed metals. The necklace by designer Melissa Clemente is an excellent example of the look for this season. Try these necklaces on top of a plain white T-shirt or dress and I guarantee it will look polished and pulled together. Also, always spend a little more money on real jewelry. Some costume jewelry bought at inexpensive prices can end up wearing off on you, breaking or even carrying a strong metal odour.

sunglasses

Sometimes we forget that we need protection from the sun during the fall and winter months. Steer clear from sun damage around the eyes with sunglasses that wrap around and have thicker stems that protect you from all sides. When you're out shopping try to stay away from flashy labels that can be seen a block away. Instead, opt for something that is simple and not labeled with faux diamonds.

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Watts in talks to play outspoken teacher
Actress Naomi Watts is set to play Nobel Prize winner and peace campaigner Jody Williams in a new biopic. Watts is in talks to star as the teacher who became known for her work on the International Campaign to Ban Landmines. IMDB.COM

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Musical's senior year

STEVE VEALE
for Metro Canada

To paraphrase Roger Daltry: The kids are still all right.

"We have the best fans in the world," said Olesya Rulin, who has appeared in all three of Disney's High School Musical movies. "It's just been mind blowing to be a part of all this."

Mind blowing is a good way to describe the song-and-dance movie sensation that has captivated every teen and preteen in North America. The saga of the thespian students attending Albuquerque's Eastside High continues tomorrow when Disney rolls out the third entry in the series.

Along with returning stars like Rulin — who plays Kelsi Nielsen — High School Musical 3: Senior Year will feature new members of the student body: played by Justin Martin and Matt Prokop.

Olesya Rulin, far left, in High School Musical 3 with fellow actresses KayCee Stroh, Britt Stewart, Vanessa Hudgens, Monique Coleman.

"We were welcomed by the regulars right away," said 18-year-old Martin, who plays Donny Dion. "The first day we all ended up playing Rock Band (on the computer) and watching movies in Ashley's (Tisdale) trailer."

"It really is like an HSM family," added Prokop, who along with his castmates was in Toronto this week to promote the film. The cast had a mere five-week rehearsal schedule, and a very economic 44-day shoot, to pull High School Musical 3 together.

"That's less than half of a regular film musical," said director Kenny Ortega. "We could accomplish that because the kids were so well versed in the production."

Still, it's obvious from the three actors' laughter that they had a terrific time together filming. All three got longboards and followed series star Zac Efron while he skateboarded around the set.

"We did get in trouble for that," admitted Prokop. "After all, if Zac sprained an ankle he wouldn't be able to do his dance numbers."

Needless to say, the boards were put in storage until shooting was wrapped. Being forced into more sedentary pastimes, the cast got a vinyl kiddie pool, pulled up some lawn chairs, soaked their feet after labourous dance numbers, and enjoyed the Utah heat — where filming took place.

AC/DC

Album: Black Ice
Label: Columbia/Sony BMG
Rating: ⊕⊕⊕

ONE FORMULA DRIVES this five-member Aussie institution — rock 'n' roll. Want proof? Three songs make reference to it; one more says they're 'rocking.' Really. But would you honestly expect, 35 years on, that schoolboy-dressing blues-metal riffmeister Angus Young et al would dare reinvent themselves as power balladeers or into techno remixes or sappy country-pop? That said, this first new AC/DC effort in eight years, er, rocks with more the energy of 1995's Ballbreaker than 1980's Back In Black, lacking many of Young's hook-laden intros, filled instead with some very ZZ Top-meets-CCR swampy rhythms.

Ian Nathanson/for Metro Canada

Sebastien Grainger

Album: Sebastien Grainger & The Mountains
Label: Outside
Rating: ⊕⊕⊕⊕

SEBASTIEN GRAINGER PULLS himself out of the crater left by Death From Above 1979 for his first full-length solo effort. Grainger discovers that he doesn't have to use a rubber mallet to drive home his point. There's surprisingly strong melody behind the bending walls of roughly textured rock. And he earns extra points for being able to craft an indie-rock anthem around the chorus "I hate my friends, most of the time." Even the noise sounds sweet here.

Graham Rockingham/for Metro Canada

Read the rest of this week's album reviews at metronews.ca/music

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Hathaway to play almost bride-to-be
Anne Hathaway is attached to headline Warner Bros. film The Fiancé. She will play a woman who calls off her wedding, only to find that her family feels so sorry for the jilted groom that they bring him into their lives anyway. **EW.COM**

More bucks, more bang for weekend plans

The best bang for your buck doesn't always come cheap. Sometimes you spend a little more, you get a little more. Here are some wise ways to blow your wad this week:

1) ONE STOP SHOP: The Calgary Woman's Show at the Roundup Centre this weekend is only $13, but let's be real. No woman goes near a venue full of make-up, clothes and gadgets without dropping serious coin. But because the competition's steep, you can comparison shop in one locale. Prepare to barter, ladies.

2) HIT UP A CHARITY (EVENT): A swanky fundraising soirée often costs more than a plain old night out. But you're usually spoiled in return. After all, they want you back next year. Plus, your ticket price sometimes doubles as a tax receipt. Can you say that about a night out clubbing?

Check out the $100 per ticket WOW Gala tonight at the three-floored hot spot, Artists of the World on 11th Ave. While the food goes to your stomach and the drinks go to your head, the proceeds go to Aspen's Empowering Families Initiative.

You can also try the Giddy-Up Gala at the Roundup Centre Saturday to benefit youth programs. E-mail giddyupgala@calgarystampede.com to lasso your $175 ticket. Metro's Urban Compass plans to be there, if only to enter the diamond raffle and spy the Marilyn look-a-likes.

3) DINNER AND A BAND: Calgary's classiest eateries serve up live entertainment with their meals. The Vintage Chophouse, at the corner of 11th Avenue and 2nd Street S.W., has entrees for $20-50 and a smooth, intimate ambiance. After dinner this Saturday, bust a move to the sounds of Blue Rhino, a seven-piece ensemble with a fat horn section.

4) LIVE IT UP AND LEARN: Cook Bonnie Stern shares her secrets at the Beth Tzedec Synaogue (1325 Glemore Trail S.W.) Oct. 28. The event is $59, plus you might want to buy her book Friday Night Dinners. For your house chef, this could be a long-term investment. Call 560-8712 for tickets.

5) STAY IN: Go to www.bonniestern.com for Friday night recipes, splurge on organic groceries, grab a bottle of Wolf Blass Yellow Label, and pick up newly-released DVDs The Incredible Hulk and Casino Royale. All together, it'll cost you as much as a night out. But this way, there are leftovers.

Please send your family-friendly comments to slickcity@metronews.ca.

Singer Spears won't face retrial

IN COURT A judge dismissed a charge of driving without a licence against pop star Britney Spears on Tuesday after jurors said they could not reach a verdict and a prosecutor said he would not pursue a retrial.

The charge stemmed from an August 2007 collision between Spears' vehicle and another car in a Los Angeles parking lot as photographers trailed her.

Prosecutors said Spears had lived in California since May 2006 and was legally required to get a licence from the state.

Spears' attorney argued she had a licence from her home state of Louisiana and did not legally need a California licence.

The jurors told Los Angeles Superior Court Judge James Steele they were deadlocked 10-2 in favour of acquittal, and the judge then declared a mistrial.

REUTERS

IntelleVision

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/23/08 primetime	267	351	ACCESS	Help TV		Old Christine	Old Christine	Medium (N)		Eleventh Hour "Agro"		Help TV
	243	317	3 CFCN	etalk	Dance	ER "Parental Guidance"		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N)		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy (N)		Life on Mars
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone (HDTV) (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Life on Mars (HDTV) (N)		Survivor: Gabon (N)		The Office (N)	SNL Update	News Hour
	246	-	8 CKAL	Law & Order: SVU		Glam God With Vivica A. Fox		Ugly Betty (N)		Friends	Friends	Your City
	119	705	9 CBXFT	Virginie (SC)	Infoman (SC)	À la recherche de Champlain		Grosse vie (N)	C.A. (N) (SC)	Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors (N)		Survivor: Gabon		CSI: Crime Scene Invstgtn.		Eleventh Hour
	-	374	14 KSPS	NewsHour With Jim Lehrer		Health Matters, TV for Life		Sherlock Holmes Mysteries		Globe Trekker (DVS)		Soundstage
	502	390	15 CBC	CBC News: The National		Hobbit Enigma (N)		CBC News: The National		CBC News: The National		Hobbit Enigma
	-	370	16 KHQ	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Raymond	Name Is Earl	Kath & Kim (N)	The Office (N)	SNL Update	ER (N)
	-	373	22 KAYU	MLB Baseball: World Series Game 2 -- Phillies at Team TBA				Malcolm-Mid.	According-Jim	King of the Hill	The Simpsons	News (N)
	297	652	37 WPIX	Supernatural (HDTV) (N)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	NHL Hockey	NHL Hockey Edmonton Oilers at Colorado Avalanche. (HDTV) (Live)					SportsCentre	Motoring 2008	Poker Night
	408	418	27 net	(6) MLB Baseball World Series Game 2 -- Philadelphia Phillies at Tampa Bay Rays.						Sportsnet Connected (Live)		Best-Sports
	410	403	30 SCORE	College Football Auburn at West Virginia. (Live)			Score Tonight	Score Tonight		Final Score	Final Score	Sports Rage
	411	457	44 OLN	Survivorman		Pilot Guides Specials		Pilot Guides		Don't Forget Your Passport		Commando
	417	406	48 SPEED	Pinks -- All Out (HDTV)		Wrecked (N)	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out
family	552	543	20 YTV	Drake & Josh	iCarly	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	*Scooby Doo and the Monster*		Planet Sketch	Ghosts-Scooby	Ghosts-Scooby	6teen	Total Drama	Futurama	The Critic
cable variety	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country	Gone Country	Home Improve.	Home Improve.	Reba
	553	546	17 TREE	Little Bear	Maggie-Beast	Big Comfy	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*Thrill of the Kill* (2006, Suspense) Shiri Appleby.				News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	House	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design
	521	560	24 TLC	American Chopper (N)		LA Ink Mötley Crüe. (N)		American Chopper		LA Ink Mötley Crüe.		Overhaulin'
	603	561	25 FOOD	Unwrapped	Secret Life of	Jamie's Kitchen Australia		Restaurant Makeover		Challenge		Unwrapped
	615	520	26 A&E	The First 48 (HDTV)		Jacked: Theft	Jacked: Theft	The Rookies	The Rookies	The First 48 (HDTV)		The First 48
	617	522	32 SHOW	EastEnders	Spaced	Painkiller Jane		ReGenesis (HDTV)		Trailer Park	Trailer Park	Saving Grace
	601	562	33 SLICE	X-Weighted		The Biggest Loser		Rich Bride, Poor Bride		X-Weighted		Biggest Loser
	-	633	34 ENC2	*Shaft's Score*	(7:25) *The Contract* ★★ (2000, Action)			*Sea of Love* ★★★ (1989, Suspense) Al Pacino, Ellen Barkin.				*Cape Fear*
	520	505	35 DISC	Brazil Special 2 (N)		MythBusters		Daily Planet		Monster Moves		Brazil
	620	523	36 BRAVO	*Liberty Stands Still* (2002, Suspense)			Bravonews	Law & Order "Agony"		Without a Trace		*Twin Falls ID*
	294	650	40 WPCH	Friends	Friends	Steve Harvey	Family Guy	Family Guy	Seinfeld	*Rush Hour 2* ★★ (2001, Action)		
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539	42 TCM	(6) *The Shoes of the Fisherman* (1968)			(8:45) *Touch of Evil* ★★★★ (1958, Crime Drama)				(10:45) *The Red Shoes*	
	628	584	43 SPIKE	TNA iMPACT! (HDTV) (N)				UFC 90 Countdown: Silva		UFC: Access	Married... With	Married... With
	522	516	45 HIST	Submarine: Mission Imp.		NCIS "UnSEALed"		Lost Worlds		Submarine: Mission Imp.		NCIS
	627	528	46 SPACE	Battlestar Galactica		Chuck (N)		Stargate SG-1 (DVS)		Lost "Orientation"		Deep Space 9
	-	-	47 AMC	(6) *The Princess Bride*		*The Birdcage* ★★★ (1996, Comedy) Robin Williams, Gene Hackman.					Mad Men (HDTV)	
	619	525	49 TROP	Make or Break	Naked Fashion	Beverly Hills, 90210		Make or Break	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos (N)	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507	92 CLT	*Getting Married-Buffalo*		Mysterious Ways		Judging Amy		History of Pop Culture		*Get Married*
	269	350	93 APTN	News		Suaangan (N)	Rez Rides	Next! Youth	renegadepress	*The Mask* ★★★ (1994, Comedy) Jim Carrey.		
	-	-	94 MCP	(6:30) News	News	Matchmaker	Mom's-Upset	Vancouver	Kirdaar	Dheeyan Ghar	Sadabahar	Desi-Mama
	571	581	100 MMM	Revival	Where You At	I Want to Work for Diddy		Party of Five (Part 2 of 2)		Spice Girls-Giving		Party of Five
	570	580	101 MM	Degrassi: Next	Instant Star	Greek		Muchmusic Countdown			Pimp My Ride	Legally Blonde
	581	566	102 MTV	EMA	Exiled	True Life		MTV Live	After	Man and Wife	The Hills	True Life

critics' corner

The Nature of Things
Who wouldn't love his or her own R2-D2 or Rosie from "The Jetsons"? This new episode, "Rodney's Robot Revolution," profiles Rodney Brooks, a professor and expert on artificial intelligence who's on a mission to create a personal robot that ordinary people can actually afford. Brooks believes the human brain and body are machines. And humans know how to build machines, so what's to stop us from building smart ones? David Suzuki hosts. 8 PM on CBRT

Doc Zone
People love dolphins — watching them perform at marine parks, swimming with them or just watching "Flipper." And that's made Chris Porter a lot of money. The new documentary "The Dolphin Seller" chronicles four years in the life of Porter, who captures and sells dolphins to marine parks and resorts. He says he's strengthening the bond between dolphins and humans; his detractors say he's exploiting the animals. This could get ugly ... and does. 9 PM on CBRT

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Cop show recruits Moynahan
Bridget Moynahan has signed on to co-star with Donnie Wahlberg in a new cop drama from Jerry Bruckheimer for TNT. **E! NEWS ONLINE**

Celebrity Buzz

Passengers sue Lindsay

LEGAL Lindsay Lohan is being sued by three men in an SUV she drove during a car chase leading to her second DUI arrest last year, People.com reports.

The actress was "angry and aggressive" and the men "felt surprise, shock, fear and panic at Lohan's surprising and sudden act" of allegedly commandeering a car in which they happened to be sitting to chase her personal assistant through the streets of Santa Monica, Calif., according to the lawsuit.

Lohan's attorney, Ed McPherson, tells TMZ.com the lawsuit is "absurd."

The plaintiffs — Ronnie Blake, Jakon Sutter and Dante Nigro — are seeking unspecified damages in the case, filed in Superior Court in Santa Monica.

Although nobody was physically injured, their suit describes a wild, traumatic ride with Lohan allegedly angry and intoxicated as she went after the other car following a party.

"Dante and Jakon continued to implore Lohan to slow down, stating specifically that she was endangering all of their lives and that they could be killed," the lawsuit says. "Lohan refused to slow or stop, but instead responded with abusive cursing and vulgar language, including a statement that she did not care about the risk of death."

The lawsuit adds: "She also stated that because she was a celebrity she could do whatever she wants."

Following her arrest, Lohan reached a plea deal in the case and spent 84 minutes in jail for DUI.

She also was sued by the passenger in the car she allegedly chased.

METRO NEWS SERVICES

HELLO! Hot shot of the week

ANWAR HUSSEIN/GETTY

Prince William, 26, and his younger brother Harry, 24, rev up for a gruelling eight-day, 1,500-km motorcycle trek in Africa to raise money for three causes including Harry's own charity, Sentebale, which funds community projects in Lesotho. "It's going to be very challenging," said Harry, "and we're expecting to fall off many a time."

HELLO! CANADA magazine, now available on newsstands — read more at hellomagazine.ca

Pink reveals marriage doubt

RELATIONSHIPS Singer Pink reportedly knew her marriage to Carey Hart would never last, because neither of them could handle such a big commitment, femalefirst.co.uk reports.

Pink, who split from motocross star Hart earlier this year after two years of marriage, admits she had her doubts right from the start, even though she was the one who proposed.

"To be honest, even when he said yes I knew there was a little part of both of us that couldn't handle being married," said the star, whose real name is Alecia Moore. "We did it because we loved each other so much. We wanted to eat each other all the time we were together, but maybe marriage wasn't ever going to be our thing."

Pink is still struggling to come to terms with their split, adding: "I'm not over it. I love him."

METRO NEWS SERVICES

celebrity brief

Hannigan, hubby expecting their 1st

FAMILY Actress Alyson Hannigan is pregnant, her rep Megan Moss has told People.

The How I Met Your Mother star, 34, and her husband, actor Alexis Denisof, 42, will welcome their first child this spring, People.com reports.

The couple met on the set of Buffy the Vampire Slayer during the 1999-2000 season and were married at the Two Bunch Palms resort near Palm Springs, Calif., on Oct. 11, 2003.

GETTY IMAGES PHOTOS

METRO NEWS SERVICES

Dancing's Hough hospitalized

PEOPLE Julianne Hough was taken to hospital after suffering abdominal pains backstage on Dancing With The Stars, imdb.com reports.

Professional dancer Hough was taken to Los Angeles Cedars-Sinai Medical Center following her performance on the program Tuesday night.

She had been complaining of stomach pains prior to her appearance, but after her dance, with celebrity partner, actor Cody Linley, an ambulance was called to take her to hospital, according to TMZ.com.

"She was experiencing slight stomach pains all day that increased and the doctors thought it was best to have them checked out," her representative Cindy Guagenti tells Access Hollywood.

Contrary to earlier internet reports Hough did not collapse, her spokesperson added.

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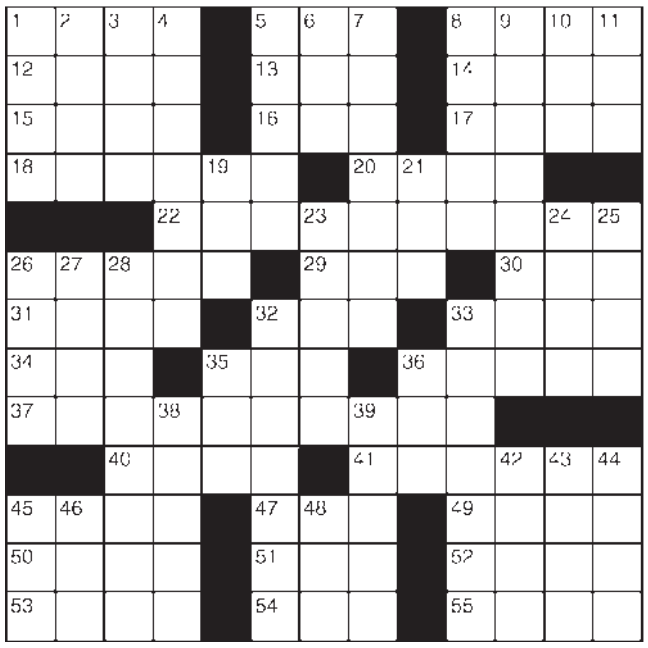
Take Five



Crossword across

1 Long cut
5 Scrooge's cry
8 Treaty
12 Ready for the picking
13 Leading lady?
14 Perjurer
15 Concept
16 Author Fleming
17 Set of "Risk" tokens
18 Mark over a long vowel
20 Catnap
22 Trophy wife's partner
26 Speak like 51-Across
29 Central
30 100 square meters
31 Unctuous
32 Carton
33 Circulate
34 Praiseful poem
35 Entertainment
36 Horn noises
37 Britney and Christina, e.g.
40 Suspended
41 Spoof
45 Bridge
47 Part of UCLA
49 Responsibility
50 Teller's partner
51 Farm female
52 Elevator man
53 Bohemian
54 Gender
55 Zilch

Crossword down

1 Gloomy
2 Verdi opera
3 Detail, for short
4 Inadmissible testimony of a sort
5 Existence
6 Ms. Gardner
7 Woodstock headliner
8 Shopping center
9 Black-and-tan terrier
10 Rotating part
11 Attempt
19 Chic no more
21 Peculiar
23 Surrounded by
24 Let fall
25 Some evergreens
26 Not-so-ugly Betty
27 Beach resort
28 GOP symbol
32 Messes up
33 Decorate
35 Half a sawbuck
36 Support system?
38 Optimistic
39 New Jersey county
42 Digging
43 Destruction
44 Latin 5-Down
45 Masseur's workplace
46 Apiece
48 Have bills

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8			7					
9		5		2	4			8
	6	7	1					
						3	9	
7		2				1		6
	5	8						
					1	5	4	
1			9	3		2		7
					2			9

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	8	9	5	4	3	1	2	6
1	2	5	7	9	6	8	3	4
6	4	3	8	2	1	9	7	5
3	6	2	9	8	4	7	5	1
5	9	7	1	3	2	6	4	8
8	1	4	6	5	7	2	9	3
2	7	8	3	6	5	4	1	9
9	3	1	4	7	8	5	6	2
4	5	6	2	1	9	3	8	7

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Recipe of the day

Piquant Pasta and Tuna Salad

INGREDIENTS:
8 oz (250 g) pasta twists or spirals, such as cavatappi, fusilli or rotini
2 tbsp (25 ml) olive oil
1 onion, chopped
1 garlic clove, chopped
2 zucchini, thinly sliced
2 tsp (10 ml) sugar
2 tbsp (25 ml) commercially prepared red or green pesto sauce
1 tbsp (15 ml) white or red wine vinegar
1 tbsp (15 ml) capers
6 tomatoes, halved and cut into thin wedges
1 can (6 oz/170 g) water-packed solid white tuna, drained and roughly flaked
6 black olives, pitted and halved
Garnish: Fresh flat-leaf parsley

METHOD:
1. Cook pasta according to package instructions, until al dente. Drain well, rinse with cold water, and drain again.
2. While pasta is cooking, heat 1 tbsp (15 ml) oil in a saucepan. Add onion and garlic, and sauté for 3 minutes, stirring often. Add remaining oil and zucchini and cook, stirring occasionally, for 3 minutes.
3. Add sugar, pesto, vinegar and capers to onion and zucchini. Heat for a few seconds, stirring until ingredients have combined to form a dressing. Stir in tomatoes, then transfer the mixture to large mixing bowl and set aside to cool.
4. Add drained pasta to the bowl. Gently mix in tuna and olives. Serve garnished with flat-leaf parsley leaves, if desired.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Someone cares deeply for you. A clever female makes the rounds. Giving special treatment to someone will become important.

TAURUS
APRIL 21-MAY 21
You can help others fulfill their ambitions. Avoid alienating a brilliant leader. Fine people will create turmoil by the book.

GEMINI
MAY 22-JUNE 21
Provide a rational explanation for a rebellious deed. Get somebody involved to facilitate a change. Look forward to fun and laughter.

CANCER
JUNE 22-JULY 22
Seize the moment to admit you were wrong. A mild-mannered male wants to tell the truth. A miraculous attitude change inspires rewards at work.

LEO
JULY 23-AUG 23
Prepare to take action when confronted. Identify those who'll stand with you in bad times. A poverty-stricken man makes a vague request.

VIRGO
AUG 24-SEPT 22
Someone's cynicism becomes apparent. Examine things that make you anxious. Congratulate a geeky man for persisting.

LIBRA
SEPT 23-OCT 23
Prepare to learn more about a critical person. Get rid of conflict by following the rules. A colleague has a dispute about a plan.

SCORPIO
OCT 24-NOV 22
Research is hindered by private stuff behind the scenes. A reluctant person is an authority at work. A fool has to talk about ending a state of affairs.

SAGITTARIUS
NOV 23-DEC 21
Someone's gaze is more than you can bear. Certain dangerous things don't appeal to you. A young man makes time for happy news.

CAPRICORN
DEC 22-JAN 20
Be thankful for a friend's hard luck. Don't underestimate the ingenuity of a woman. A newcomer has a good reason to celebrate.

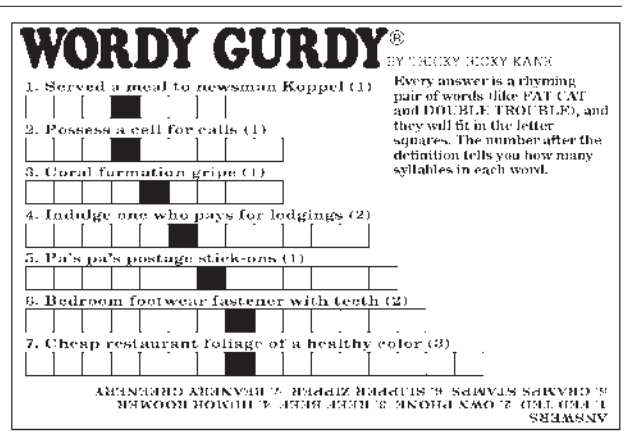
AQUARIUS
JAN 21-FEB 18
A mystery is solved when a phenomenon occurs. Concerned friends may not complain of poor treatment. Don't convince a friend he's wrong.

PISCES
FEB 19-MARCH 20
Bondage to an outworn fantasy begins to ease. Get your paperwork done before a playful encounter. An impatient man looks for the source of a problem.

This day in history

OCT. 23, 4004 BC: Creation of the world begins, according to the calculations of Archbishop James Ussher, but on the sunset of the preceding day.
OCT. 23, 1694: American colonial forces, led by Sir William Phipps, fail to seize Quebec.
OCT. 23, 1867: 72 Senators are summoned by Royal Proclamation to serve as the first members of the Canadian Senate.
OCT. 23, 1917: Lenin calls for the October Revolution.
OCT. 23, 1930:The first miniature golf tournament was completed in Chattanooga, Tennessee.
OCT. 23, 2001: Apple releases the iPod.

METRO NEWS SERVICES


WORDY GURDY®
BY HOCKY HOCKY KANE
Every answer is a rhyming pair of words like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.
1. Served a meal to newsman Koppel (1)
2. Possess a cell for calls (1)
3. Coral formation gripe (1)
4. Indulge one who pays for lodgings (2)
5. Pa's pa's postage stick-ons (1)
6. Bedroom footwear fastener with teeth (2)
7. Cheap restaurant foliage of a healthy color (3)
ANSWERS
1. FED TED 2. OWN PHONE 3. BEEF REEF 4. HUMOR ROOMER
5. CHARLES STAMPS 6. SLIPPER ZIPPER 7. DEARBORN GREENERY

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3 Exceptional Lipsticks
3 piece brush set with Pouch

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